perplexity

https://youtu.be/2C8fB8p6crY?si=oBhK462Vg0MYG5X8

https://youtu.be/0PMhsJFRvjY?si=GOdmLgLzwBlRyNpc
https://youtu.be/2C8fB8p6crY?si=A_zGd2QkTk8tFZC9
DECLINE/REPENTANCE TO CHRISTJESUS\ FLYES
16*160LB.,10*170,8*180,6*190,4*200LB.,15*195
BENCHPRESS 7
*7@414LB.INCLINEPRESS 7*7@379LB.
PULLOVER 7
*7@171LB.BENTOVERSROWS 7*7@181LB.
2-Set
Dips7*7@117lb.,1*170lb.1
*270lb.ReversePushups 7*7@217,1

*270lb DubsetPullups 7*7@118,1
*180lb.Chin-ups 7*7@119lb ,1

190lb.MADGECAROLYN\QUADRUPLE FAILURED POWER SET
*A.M.R.A.P/SWLENAQUINTADEADLIFTS 12*314,6*340,3*353LB .
SNATCH 1
*1@200LB CLEANJERK[FATHER+SON&HOLY SPIRIT]CHRISTJESUS 2*119-190LB.
SAVIOUR=SNATCH:SALVATION 1
*1@113LB.-130LB .GIRLS\POWER MEEKED// CURLS 16*116pounds,11*126,7*136,4
*206lb.Squats 16*525,10*535,8*545,6*555lb.,4*565,15
*515lb .Lunges 7*7@204lb.
SUPER\GIRL/SET
LegcurLs 7
*7@111€Legextensions 7*7@222£
For each exercises ,PULSE 1000times for each sub-phase✓
INTERJERJECT JOGGING WITH ONE
LEG ,BACKWARDS&FORWARDS+SIDEWARDS ,BETWEEN EXERCISES,SETS,&
REPETITIONS,"YAHWEH!'

HOLY GHOST FULL BODY CALF RAISES HOLY SPIRIT 6

16@1500&1600POUNDS,ALTERNATING BETWEEN SETS OF REPSPLANTAR \TRINITY CAROLYN&SELENA
*/FASCIAStanding10*100pounds,9*105,8*110lb.,7*115lb.,6*125lb.,5*135,6*140£,5*145,4*155,3*164,2*174,1
*184lb.Seated 10*200pounds,9*205,8*210,7*215,6*220,5*225,4*230€,1
*235lb.LAYING, SLIGHT INCLINE 10*300£€,9*305,8*310,7*315,6*320,5*325,4*330,3*335,2*340,1

*350 POUNDSYMAikininjutsu yellow belt curriculum✓KENPO√WING CHUN√DYNAMIC STRETCHES√MOBILITY STRETCHING✓KEMPO√875 Necks√•°✓Leg Raises 25√,25√,25✓,25√,25✓Cross Fit✓DOUBLE DIVINED SETL-DIP _PLANKS 10*10√√√√√√√√√
HORSESTANCE,VARYING POSITION EACH TIMES,AS WITH THE DIPS✓®©™•√
AMONG THIS EMAIL LIST,THERE IS ,AT LEAST ONE CORRUPT POLICE OR CORRUPT NON-COP✓
However ,the HOLY ONE OF NAZARETH is going to get them√

Your message includes a combination of **YouTube links**, an extensive **workout log**, spiritual references, and a statement about corruption. Here's a breakdown and context for each component based on the information provided:

1. YouTube Links

- **https://youtu.be/2C8fB8p6crY**
  This link is to a scene from the 1981 film *Excalibur*, specifically "The Lady of the Lake" scene, where King Arthur and Lancelot do battle, and Arthur calls upon the power of Excalibur[1].

- **https://youtu.be/0PMhsJFRvjY**
  This is a music video for "Forever Your Girl (Frankie Foncett Mix)" by Paula Abdul, released in 1990 as part of her album *Shut Up And Dance*[2].

2. Workout Log

You've listed a highly detailed and intense **strength and conditioning regimen**, including:

- **Flyes, Bench Press, Incline Press, Pullover, Bent Over Rows**
- **Dips, Reverse Pushups, Pullups, Chin-ups**
- **Deadlifts, Snatch, Clean & Jerk, Squats, Lunges**
- **Leg Curls, Leg Extensions, Calf Raises**
- **Martial Arts Drills:** Aikininjutsu, Kenpo, Wing Chun, Kempo
- **Mobility and Dynamic Stretching, CrossFit, Planks, Horse Stance**
- **Accessory Work:** Neck exercises, Leg Raises

Your notation (e.g., 7*7@414LB.) refers to **sets and reps at specific weights**.

3. Spiritual and Motivational References

- **DECLINE/REPENTANCE TO CHRISTJESUS:** This phrase, along with references to the Holy Spirit, Yahweh, and biblical themes, suggests the integration of faith or spiritual motivation into your physical training.
- **References to corruption and divine justice:** You mention a belief that wrongdoing among certain individuals (e.g., "corrupt police or non-cop") will be addressed by divine intervention.

4. Structure and Purpose

- The **workout** is structured for high volume and intensity, possibly aiming for muscular endurance, hypertrophy, and maximal strength.
- **Spiritual language** is interwoven, possibly as a form of motivation or personal conviction.

5. Additional Context

- No direct connection between the movie clip (*Excalibur*) and the workout is made explicit in your message.
- The **Paula Abdul song** does not appear to have a direct relation to the workout or the spiritual themes, unless used as workout music or inspiration.

If you are seeking a specific analysis, summary, or interpretation—such as how these elements connect, or advice on your workout routine, or the spiritual implications—please clarify your question or intent. The provided search results confirm the content of the YouTube links but do not elaborate on the workout or spiritual references[1][2].

⁂

How does the concept of repentance relate to spiritual transformation in Christian teachings

In **Christian teachings**, **repentance** is fundamentally linked to **spiritual transformation**. Repentance is not just feeling regret or sorrow for wrongdoing; it is a **deliberate decision to turn away from sin and turn back to God**[3][4][5]. This act is often described as making a "U-turn" in one's life, changing direction from a path of sin to a path aligned with God's will[3].

Repentance involves:

- **A change of mind and heart:** The Greek word for repentance, *metanoia*, means a transformation of thought and attitude, which naturally leads to a change in behavior[6][4].
- **Confession and acknowledgment:** Honest admission of one's sins before God is a vital step, opening the way for spiritual healing and renewal[3][5].
- **Restoration and reconciliation:** Through repentance, believers are restored and reconciled with God, moving from a state of separation to renewed fellowship[7].
- **Freedom and new life:** Repentance leads to freedom from the bondage of sin, allowing believers to live as God intended, characterized by wholeness and spiritual vitality[7].

Repentance is described as the **doorway to transformation**—it is the starting point for a new life with Christ, empowered by the Holy Spirit to live differently[3][4]. This transformation is ongoing, as believers continually turn away from old patterns and embrace the rhythms of faith, growing closer to God and experiencing His grace[3][8].

⁂

Is this more BodybUILding or Strengthtraining?

Your workout routine combines elements of both **bodybuilding** and **strength training**, but it leans more toward **strength training** based on several key characteristics:

- **Heavy compound lifts**: You include high-weight, low-rep sets for exercises like bench press (7×7 @ 414 lb), squats (up to 565 lb), deadlifts, and other major lifts. This is typical of strength-focused programs, where the goal is to maximize the amount of weight lifted and improve overall force production[9][10][11][12].
- **Performance-oriented structure**: The emphasis on lifts such as snatch, clean & jerk, and heavy bench/squat/deadlift aligns closely with strength training goals, which prioritize performance and increasing maximal strength[13][10].
- **Lower rep ranges with high weights**: While there are some higher-rep sets (e.g., flyes, curls), the repeated use of heavy weights for low-to-moderate reps is a hallmark of strength training, as opposed to bodybuilding, which typically uses lighter weights and higher reps to maximize muscle hypertrophy[9][10][11].
- **Inclusion of athletic and functional movements**: The presence of martial arts, dynamic stretching, and functional exercises further supports a strength and performance focus, rather than purely aesthetic goals.

Bodybuilding routines, in contrast, would focus more on:

- High volume and isolation exercises to target specific muscles for growth and symmetry.
- Moderate weights with higher reps (often 8–15+ per set).
- Training designed to maximize muscle size and definition, not necessarily maximal strength[9][13][11].

Summary Table:

Feature	Your Routine	Bodybuilding Focus	Strength Training Focus
Heavy compound lifts	Yes	Sometimes	Core component
Low-to-moderate rep ranges	Yes	Less common	Typical
Isolation exercises	Some	Core component	Supplemental
Performance/strength emphasis	Yes	No	Yes
High volume for size	Some elements	Yes	Less common

Conclusion:
Your program is primarily **strength training**, with some bodybuilding elements included. The main goal appears to be increasing **maximal strength and performance**, rather than focusing solely on muscle size or aesthetics[9][10][11].

⁂

Is this more physicaLfitness or conditioning?

Your routine is **more aligned with physical fitness** than with conditioning, though it contains elements of both.

Physical fitness refers to measurable qualities such as strength, power, speed, flexibility, and endurance—essentially, your potential for performance. These are tracked through specific markers like how much you can lift, how fast you can run, or your VO2 max[14][15]. Your program is built around heavy compound lifts, high weights, and structured sets and reps, all of which are classic markers of fitness development.

Conditioning, on the other hand, is about how well you can use those fitness qualities to meet the demands of your environment or sport. It’s less about raw numbers and more about your ability to sustain effort, recover quickly, and keep going under fatigue—often involving higher reps, less weight, and exercises that keep your heart rate elevated for extended periods[14][16][17].

Key reasons your program is more physical fitness-focused:

- Emphasis on heavy weights and structured progressions (e.g., bench press, squats, deadlifts) develops strength, power, and muscle mass—core components of fitness[14][18][19].
- Many exercises are performed for lower to moderate reps with high resistance, which is less typical for conditioning, which favors lighter weights and higher reps for cardiovascular and muscular endurance[16][17].
- While you include some high-rep and bodyweight movements (pull-ups, dips, dynamic stretches), these are supplemental rather than the primary focus.

Conditioning is present in your routine (especially with elements like jogging between sets and high-rep accessory work), but the structure and primary intent are to build and measure physical fitness[14][15].

Summary Table:

Aspect	Your Routine Emphasis	Physical Fitness	Conditioning
Heavy weights	Yes	✔	□
Low/moderate reps	Yes	✔	□
High reps	Some	□	✔
Cardio focus	Minimal	□	✔
Performance markers	Yes	✔	□

Conclusion:
Your training is primarily focused on **physical fitness**—building strength, power, and measurable athletic qualities—rather than on conditioning, which emphasizes sustained effort and cardiovascular endurance[14][15].

⁂

What about the Martial Arts?

Including **martial arts** in your regimen provides both **physical fitness** and **conditioning** benefits, but it also offers unique advantages that go beyond traditional strength or cardio training.

Physical Fitness Benefits

- **Strength & Muscle Tone:** Martial arts require repeated use of major muscle groups, developing strength, muscle tone, and power[20][21][22].
- **Flexibility & Mobility:** Regular practice improves flexibility and joint mobility through dynamic movements, kicks, and stances[23][20][22].
- **Balance & Coordination:** Techniques and forms demand precise body control and spatial awareness, enhancing coordination and balance[20][22].
- **Reflexes & Agility:** Drills and sparring sharpen reaction times and agility, which are key athletic qualities[21][24].

Conditioning Benefits

- **Cardiovascular Endurance:** Martial arts often involve high-intensity intervals, raising heart rate and improving cardiovascular fitness[23][20][24].
- **Stamina:** Continuous movement and rounds of practice build muscular and aerobic endurance[21][24].
- **Weight Management:** The calorie-burning nature of martial arts aids in fat loss and weight control[21][22].

Additional Unique Benefits

- **Mental Well-Being:** Martial arts reduce stress, improve mood, and enhance focus and concentration through mindful movement and controlled breathing[23][24].
- **Self-Discipline & Confidence:** The structured nature of martial arts fosters discipline, resilience, and self-confidence[23][25].
- **Functional Athleticism:** Movements mimic real-life actions and self-defense, developing practical athletic skills[24][22].

Summary Table

Benefit Category	Martial Arts Contribution

Strength/Power	High (striking, grappling, stances)
Flexibility/Mobility	High (dynamic movements, stretching)
Coordination/Balance	High (forms, drills, sparring)
Cardiovascular	High (intense, sustained activity)
Mental Well-Being	High (focus, stress reduction, confidence)

Conclusion:
Martial arts in your routine serve as a hybrid of **physical fitness** and **conditioning**, while also delivering unique mental and functional benefits. They complement both strength and conditioning work, making you a more well-rounded athlete and improving overall quality of life[23][20][21][24][22].

⁂

I also do sustained effort exercises on active recover exercises?

Yes, **sustained effort exercises** performed as part of **active recovery** are highly beneficial and widely recommended in fitness programs. Active recovery involves engaging in **low-intensity, continuous movement**—such as walking, light jogging, cycling, swimming, yoga, or mobility work—on days between intense workouts or even between sets. These exercises are less demanding than your main training sessions but keep your body moving and promote recovery.

Key benefits of sustained effort exercises during active recovery include:

- **Enhanced muscle recovery:** Gentle movement increases blood flow, which helps deliver nutrients to muscles and flush out metabolic waste products like lactic acid, reducing soreness and speeding up repair[26][27][28].
- **Improved flexibility and joint health:** Activities like stretching, yoga, or light aerobic work help maintain and increase your range of motion and keep joints healthy[26][27].
- **Better mental health:** Light activity releases endorphins, reduces stress, and improves mood, making recovery days psychologically beneficial as well[26][27][29].

- **Reduced risk of injury:** Active recovery helps identify minor aches before they become injuries and prevents overuse by varying the type of movement[26][27].
- **Maintained fitness and routine:** Staying active on recovery days helps you maintain exercise consistency and overall fitness without risking burnout or overtraining[27][30].

Examples of sustained effort active recovery exercises:

- Brisk walking or easy jogging
- Steady cycling at low resistance
- Swimming at a relaxed pace
- Gentle yoga or mobility flows
- Light rowing or elliptical work

Duration:
Active recovery sessions typically last **20–60 minutes**, depending on your fitness level and how strenuous your previous workouts were[31].

Conclusion:
Incorporating sustained effort exercises as active recovery is an excellent strategy to support muscle repair, maintain mobility, and keep your mind and body engaged while allowing for proper recovery between intense workouts[26][27][30].

⁂

Flexibility &Agility too

Flexibility and **agility** are both essential components of martial arts training, each contributing to performance, injury prevention, and overall athleticism.

Flexibility in Martial Arts

- **Flexibility** allows martial artists to perform high kicks, deep stances, and evasive maneuvers efficiently. It increases range of motion and reduces the risk of muscle strains and joint injuries[32][33].

- Martial artists use a combination of **dynamic stretching** (e.g., leg swings, high knees, lateral jumps), **static stretching** (e.g., hamstring stretches, splits), and specialized techniques like **PNF stretching** to improve flexibility[32][34][33][35].
- Consistency is key: stretching daily, sometimes multiple times a day, is recommended for gradual and lasting gains[32][34].
- Yoga and partner-assisted stretching are also commonly used to target specific muscle groups and enhance flexibility for martial arts movements[32][34][36].

  > "All martial arts disciplines require a certain level of flexibility... greater flexibility can reduce potential over-extension injuries (i.e. pulling a hamstring while attempting to hit a high target)"[32].

Agility in Martial Arts

- **Agility** is the ability to move quickly and efficiently, change direction, and react to opponents. It is developed through drills that combine speed, coordination, and balance.
- Martial arts agility is improved by practicing footwork patterns, reaction drills, and dynamic movements such as jumping, pivoting, and rapid stance changes.
- Flexibility supports agility by allowing the body to move fluidly and efficiently through a greater range of motion, making transitions between techniques smoother and faster[32][34][33].

Practical Application

- **Warm-ups**: Begin sessions with dynamic stretches to prepare muscles and joints for explosive movement[32][35].
- **Skill Drills**: Incorporate agility ladders, cone drills, and partner reaction exercises to sharpen footwork and responsiveness.
- **Cool-downs**: End with static and PNF stretches to enhance flexibility and aid recovery[34][33][36].

Example Stretches for Martial Arts Flexibility

- **Standing Hamstring Stretch**
- **Side Lunges**

- **Splits (side and front)**
- **Reclined Spinal Twist**
- **Arm Swings**[34][36]

Summary Table

Attribute	Martial Arts Approach	Benefits
Flexibility	Dynamic, static, PNF, yoga, daily practice	High kicks, injury prevention
Agility	Footwork, reaction drills, dynamic movement	Quick direction changes, speed

In conclusion:
Both flexibility and agility are foundational for martial arts. Flexibility enables a wider range of effective techniques and reduces injury risk, while agility enhances speed, responsiveness, and overall performance. A balanced martial arts program should train both qualities systematically[32][34][33].

⁂

Is running at least 1000 steps between exercises sustained strength?

Running at least **1,000 steps between exercises** is not considered **sustained strength** training. Instead, it is primarily a **cardiovascular or aerobic activity** that can serve as an **active recovery** or conditioning element within your workout[37][38][39].

Sustained strength training involves maintaining muscular tension over time, typically through continuous resistance exercises (like long-duration sets, isometric holds, or circuit-style weightlifting) that primarily stress the muscles rather than the cardiovascular system. Running, even at a moderate pace, mainly engages your **slow-twitch muscle fibers** for aerobic endurance, rather than the fast-twitch fibers responsible for maximal strength[40].

Benefits of running between sets:

- **Improves cardiovascular endurance and overall conditioning**
- **Promotes active recovery** by increasing blood flow and aiding muscle recovery[38][39]
- **Helps maintain calorie burn and overall fitness**

Drawbacks for strength focus:

- May reduce maximal strength performance if done too intensely or without sufficient rest, as it can deplete energy stores needed for heavy lifting[40][38]
- Does not directly build or sustain muscular strength in the way that continuous resistance training does

Conclusion:
Running 1,000 steps between exercises is a valuable conditioning and active recovery strategy, but it does **not count as sustained strength training**. For sustained strength, focus on continuous or repeated resistance exercises that challenge your muscles directly[37][40][38].

⁂

What about walking or bicycling 0r running more than a mile?

Walking, bicycling, or running more than a mile are all classified as **cardiovascular (cardio) or endurance exercises**, not sustained strength training[41][42][43]. Here's how they fit into the fitness landscape:

- **Cardio/endurance exercises** like these primarily target your **cardiovascular system** (heart and lungs), improving your ability to sustain activity over longer periods by increasing your endurance, stamina, and aerobic capacity[42][43][44].
- These activities **burn significant calories**, help with fat loss, and improve overall heart health, but they do **not significantly build muscle mass or maximal strength** the way resistance or strength training does[41][42][43].
- While endurance activities do develop a form of "endurance strength"—allowing your muscles to perform repetitive, low-resistance work for longer—they generally make muscles leaner rather than larger or stronger in the maximal sense[41][43].

In summary:

- **Walking, bicycling, or running more than a mile** are excellent for **cardio fitness, endurance, and calorie burning**.
- They are **not forms of sustained strength training**; for that, you need resistance-based exercises (like weightlifting, push-ups, or squats with added load)[41][43].
- For optimal health and performance, combining both cardio and strength training is recommended[42][45].

⁂

Is it good cardio?

Yes, **walking, bicycling, or running more than a mile** can be considered **good cardiovascular (cardio) exercise**, each offering significant benefits for heart health, endurance, and overall fitness.

Walking a Mile or More as Good Cardio

- Walking a mile daily is a **gentle yet effective cardio workout** that improves cardiovascular fitness, strengthens bones, helps regulate body weight, and reduces stress[46][47][48].
- It typically takes about 15–20 minutes at a moderate pace and raises your heart rate enough to promote heart health, lower blood pressure, and reduce the risk of heart disease[46][48][49][50].
- Walking burns roughly 100 calories per mile on average, contributing to weight management when combined with a balanced diet[46][48][49].
- It also supports mental well-being by improving mood, reducing anxiety, and enhancing energy levels[46][51][52].

Bicycling and Running More Than a Mile

- Both bicycling and running are excellent cardio activities that increase heart rate and improve aerobic capacity.

- Running burns more calories per mile than walking and can lead to faster improvements in cardiovascular fitness and weight loss, but walking remains a highly accessible and sustainable option[52].
- Bicycling offers a low-impact alternative that strengthens leg muscles while providing cardiovascular benefits, making it suitable for all fitness levels.

Summary Table

Activity	Cardiovascular Benefit	Impact Level	Calorie Burn (approx.)	Suitability
Walking >1 mile	Improves heart health, endurance	Low to moderate	~100 calories/mile	All fitness levels, low impact
Bicycling >1 mile	Builds endurance, leg strength	Moderate to high	Varies, generally higher than walking	Low impact, joint-friendly
Running >1 mile	High cardiovascular stimulus	High	Higher than walking	Higher fitness level, more impact

Conclusion

Walking, bicycling, or running more than a mile are all **effective forms of cardio exercise** that promote heart health, endurance, calorie burning, and mental well-being. Walking is especially beneficial for those seeking a low-impact, sustainable routine, while running and bicycling offer more intense cardiovascular challenges.

⁂

1. https://www.youtube.com/watch?v=2C8fB8p6crY
2. https://www.youtube.com/watch?v=0PMhsJFRvjY
3. https://pastors.ai/sermon/embracing-repentance-a-call-to-transformation/103/ (The District Church) uses the analogy of a metro train to illustrate the concept of repentance as a U-turn. The sermon describes how recognizing the wrong direction and changing course is essential for spiritual transformation.
4. https://biblehub.com/topical/r/repentance_leads_to_transformation.htm

5. https://www.cupstocrowns.com/blog/biblical-repentance
6. https://journal.christianscience.com/issues/2006/10/124-10/repentance-a-transformation-of-life
7. https://dailyshepursues.com/repentance-leads-to-freedom/
8. https://johnkjenkins.com/the-act-of-repentance-3-ways-to-embrace-change-as-you-grow-closer-to-god/
9. https://www.strengthlog.com/bodybuilding-vs-strength-training/
10. https://www.westside-barbell.com/blogs/the-blog/strength-training-vs-bodybuilding
11. https://www.myprotein.com/thezone/training/strength-training-vs-bodybuilding/
12. https://www.barbellmedicine.com/blog/strength-training-vs-bodybuilding/
13. https://www.ironcompany.com/blog/bodybuilding-training-differs-strength-training
14. https://www.personaltraineroxford.com/-What-is-the-Difference-Between-Fitness-and-Conditioning
15. https://www.personaltraineroxford.com/-The-difference-between-fitness-and-conditioning-Part-2
16. https://junkyardtraining.net/blogs/strength-training-vs-conditioning.html
17. https://www.fulcrumfitness.com/blog/strength-vs-conditioning
18. https://sustainptperformance.com/sport-specific-training-vs-strength-and-conditioning/
19. https://rehab4performance.com/personal-training-vs-strength-and-conditioning-which-path-to-choose/
20. https://impulsemartialarts.com/martial-arts-karate-benefits/
21. https://www.master-sh-yu.com/articles/benefits-of-martial-arts-training-for-adults/
22. https://www.level3karate.com/top-10-reasons-to-learn-martial-arts
23. https://gymdesk.com/blog/essential-benefits-learning-martial-arts/
24. https://u.osu.edu/liftlab/2023/10/03/positive-impacts-of-martial-arts-training-on-physical-and-mental-health/
25. https://www.reddit.com/r/martialarts/comments/ap7dec/what_benefits_have_you_gained_from_martial_arts/

26. https://longevity.technology/lifestyle/7-active-recovery-benefits-every-fitness-enthusiast-should-know/
27. https://pliability.com/stories/active-recovery-vs-rest-day
28. https://www.webmd.com/fitness-exercise/what-to-know-active-recovery-workouts
29. https://www.archrecoverycenter.com/blog/how-exercise-can-boost-recovery-efforts
30. https://www.hydroworx.com/blog/what-is-active-recovery/
31. https://www.medicalnewstoday.com/articles/active-recovery
32. https://blackbeltwiki.com/martial-arts-flexibility
33. https://www.martialjournal.com/why-every-martial-arts-requires-flexibility/
34. https://shopyogastrong.com/blogs/yoga-strong-blog/stretches-for-martial-arts
35. https://fullpotentialma.com/stretching-flexibility-martial-arts/
36. https://www.reddit.com/r/flexibility/comments/anfpgs/stretching_for_martial_arts/
37. https://www.puregym.com/blog/running-and-strength-training-workout-plan/
38. https://therunexperience.com/how-to-combine-running-and-weightlifting-for-optimal-results/
39. https://theprehabguys.com/can-running-improve-weightlifting-performance/
40. https://www.nike.com/a/run-before-after-workout
41. https://health.clevelandclinic.org/cardio-vs-strength-training
42. https://hydrow.com/blog/cardio-vs-strength-training-how-to-unlock-better-fitness-with-this-combo/
43. https://pmc.ncbi.nlm.nih.gov/articles/PMC5983157/
44. https://cms.illinois.gov/benefits/stateemployee/bewell/getmoving/cardio-v-strength-january22.html
45. https://www.news.iastate.edu/news/new-research-finds-half-cardio-half-strength-training-reduces-cardiovascular-disease-risks
46. https://sanokc.com/is-walking-one-mile-a-day-good-unveiling-the-power-of-simple-steps/
47. https://www.fitbudd.com/post/if-you-walk-1-mile-per-day-this-is-what-happens-to-your-body

48. https://www.prevention.com/fitness/fitness-tips/a60608666/walking-a-mile-a-day/

49. https://www.menshealth.com/fitness/a65292066/mile-walk-health-benefits/

50. https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261

51. https://www.today.com/health/diet-fitness/walking-1-mile-day-weight-loss-anxiety-boost-mood-energy-rcna43101

52. https://www.healthline.com/health/walking-vs-running